



## How Can I Find Out My Bone Density?

by NEWLIFEOUTLOOK TEAM

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### A Low-Dose X-Ray to Measure Your Bone Density

At first, a bone density scan may seem unnecessary when you're living with osteoporosis. You can find out some valuable information, though. The lower your bone density is, the higher the risk of fractures can be. You can track your bone density as you try exercising and as you make changes to your nutrition to find out if your bone density is increasing or staying the same. You should also take precautions if you're at a higher risk for fractures. A cane, for example, might help you to avoid falling and can also be used to help you get up from a sitting position.

A bone density scan is a low-dose x-ray which checks an area of the body such as the hip, hand or foot for signs of mineral loss and bone thinning



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A bone density scan measures the density of bone in a person. The lower the density of a bone the higher the risk of fractures. A bone scan, along with a patient's medical history, is a useful aid in evaluating the probability of a fracture and whether any preventative treatment is needed. A bone density scan has the advantage of being painless and exposing the patient to only a small amount of radiation.